UCSF
Newsbreak

News for the UCSF Campus Community

VOL. 12, NO. 3 FEBRUARY 14, 1997

INSIDE

2 UCSF gets $17 million for HIV prevention research

6 Obesity specialist offers ways to permanent weight control

8 UCSF/Stanford board names Kerr CEO

Quest for next chancellor to begin

By BRAD FOSS

Exactly what it takes to become the seventh chancellor of UCSF won't be known until later this year when a successor to Joseph B. Martin is approved by the UC Board of Regents.

When asked for their opinion, however, faculty, staff, students and others frequently equated the professional and personal qualities of Martin with their expectations for a newcomer. Martin's last day at UCSF is June 30.

"The actions of the present administration have been favorable for the smaller schools and we hope that will continue," says Karin Vargervik, professor and chair of dental growth and development. "Hopefully, the next chancellor will be aware of the strengths of this campus, namely the interaction among all four schools."

UCSF's success, she says, depends on strong support for all graduate programs to ensure its ability to attract the best scientists, health care providers and students.

Vargervik is one of eight UCSF representatives on a committee appointed to advise UC President Richard Atkinson as he prepares to recommend a chancellor to the Regents. Comprised of Regents, faculty, administrators, students, staff and representatives of the alumni association and the UCSF Foundation, the 18-member committee will convene as soon as chancellors are named at both UCLA and UC Berkeley, which should be soon, says Terry Colvin, spokesperson for the UC Office of the President.

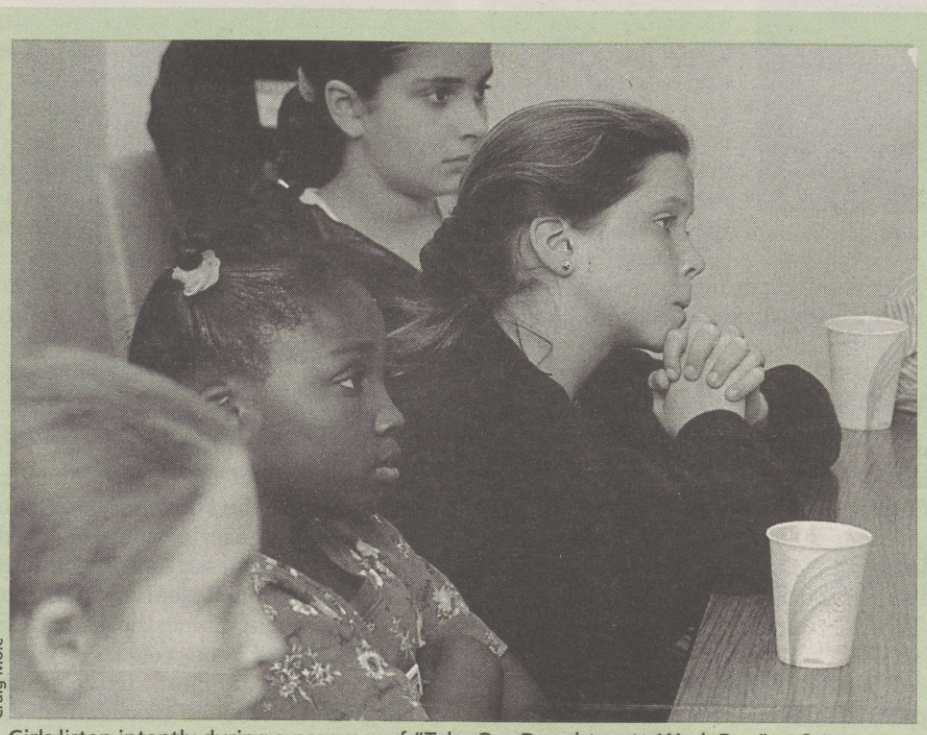
To help develop a job description and a list of qualifications for the chancellorship, other members of the campus community will be invited to speak before the committee at UCSF.

Committee member Melanie Egorin, who is earning her PhD in medical sociology, says advocacy for graduate student funding should be a priority of the next leader.

"Support at the state level is starting to weaken and we can't let that happen," she says. Members of the legislature do not fully understand how people with graduate degrees "fit into society," she says, and an effective chancellor will be one who can educate California's elected leadership.

If UCSF is going to fit in with the rest of San Francisco, melding the University's interests with those of adjacent neighborhoods will be imperative, especially as UCSF plans for a second major campus in the Bay Area. Ongoing communication

(See **Chancellor** on page 3)



Craig Mole

Girls listen intently during a program of "Take Our Daughters to Work Day" at San Francisco General Hospital last year.

Get involved with daughters at work day

Organizers of "Take Our Daughters to Work Day" at UCSF, slated for Thursday, April 24, are looking for departments that can plan programs for this annual event, which exposes children to the diversity of jobs available in their future.

The day is intended to bolster participants' self-esteem and encourage a renewed interest in academic performance. More than 400 boys and girls participated last year in programs offered by 40 departments at the University. To get involved, call Katherine Riordan in the Public Affairs Department at 476-0729.

Students show promising research at fair

By LISA CISNEROS

UCSF medical school students, guided by their teachers, are tackling some of the world's most vexing health problems — from cancer to blinding eye diseases. And judging by their research presentations, they're making impressive progress.

Kathryn Chu, third-year student, and Mike Zimmerman, fourth-year student, won the School of Medicine Dean's Prize in Research at a Jan. 22 ceremony, which was held in conjunction with the annual research poster session.

"Today, as medical schools strive to meet federal mandates to increase primary care physicians, student research training, development and recognition often run the risk of being sidelined," said Dean Haile Debas at the ceremony. "We must take care not to lose sight of the importance of the research aspect of our academic mission, and we must strive to foster and support our students' interest in and excitement about science and scientific research."

With the guidance of Deborah Dean, an assistant professor of medicine and researcher at the Proctor Foundation, Chu's research, entitled "Emergence of epidemic uveitis as a complication of leptospirosis in South India," demonstrated — for the first time — that leptospira bacteria, carried by farm animals and transmitted to Indians, is a significant cause of uveitis, a potentially blinding inflammation of the eye. Leptospirosis affects about 70 percent of the population in the agrarian society of South India. Left unchecked, uveitis can rob a farmer or cattle herder of his vision and livelihood, making him a burden to his family.

Chu learned the native dialect to conduct research at the Aravind Eye Hospital in Madurai with ophthalmolo-

(See **Research** on page 2)

Study says medical reference book is incorrect, outdated

Doctors who rely on the Physician's Desk Reference (PDR) for general advice about drugs should get a second opinion.

UCSF researchers have found that this popular compendium often contains inadequate, incorrect and outdated treatment information for managing cases of medication overdose. In some situations, PDR's advice could be fatal, the researchers say.

For example, the PDR recommends for patients poisoned by the commonly prescribed antidepressant Elavil, that doctors administer physostigmine, a drug abandoned as an antidote years ago because it was found to actually increase the risk of death in such situations. The currently recommended treatment for an Elavil overdose – sodium bicarbonate –is not even mentioned in the PDR.

Upon reviewing the PDR's treatment advice for 20 drugs most commonly associated with death due to overdose, the team discovered serious discrepancies between recommendations cited in the PDR and those of several widely accepted toxicology references. In many cases, the PDR fails to mention potential life-saving treatments, recommends treatments known to cause harm, or offers advice that was discounted 25 years ago, says Walter Mullen, UCSF assistant clinical professor of pharmacy and the lead author of the study published in the February issue of the Annals of Emergency Medicine.

"The PDR is a leading source of drug information for doctors," he said. "But we found that this 'bible' is sometimes wrong. It sets a false gold standard and to have incorrect information in it is quite distressing."

The researchers found that the PDR was deficient in its treatment guidelines for 16 of the 20, or 80 percent of the drugs studied.

Mullen said he suspects that much of the PDR's treatment information on older drugs is inadequate because the federal Food and Drug Administration does not require updating of initial drug entries. The entry for Elavil, for instance, has not changed since 1973, Mullen said.

"Our suggested solution is that the FDA either require a periodic update of the drug labeling to reflect current treatment or that the overdose management section in the PDR be deleted entirely," Mullen said. "If it isn't current and correct, don't have it in there at all."

Almost half of the physicians surveyed said they had consulted the PDR for overdose information at least once in the last year. —*Alice Trinkl*

Half of AIDS docs admit assisting patient suicide

By ALICE TRINKL

Marking the highest percentage of assisted suicide in a published report to date, a recent study of Bay Area physicians who treat AIDS patients has found that 53 percent have assisted a terminally ill patient to die.

In response to another question about a hypothetical case, nearly half of the physicians (48 percent) said they are willing to assist terminally ill patients in ending their life, a 20 percent increase as compared to a 1990 study.

"Physician-assisted suicide is clearly a reality. Despite legal constraints and ethical concerns, some physicians are helping their AIDS patients die. Inhibitions to assisting in suicides, at least in San Francisco, appear to be decreasing over time," said Lee Slome, a San Francisco psychologist who was the lead author on the current study and on the first study in 1990.

Physician-assisted suicide, in both studies, was defined as a physician providing a sufficient dose of narcotics to enable a patient to kill himself or herself. Respondents were to assume that the patient was a mentally competent, severely ill individual facing imminent death. Such a situation is in contrast to active euthanasia (administering a lethal injection) or passive euthanasia (withdrawing life support in response to a patient's advance directive) which were not investigated in these studies.

The results of the study are significant in light of the current public debate surrounding the issue of physician-assisted suicide. There have been recent court cases, includ-

(See **Suicide** on page 3)

Chater returns to UCSF as Regents' professor in March

By BRAD FOSS

Having presided for more than three years as the US Commissioner of Social Security in Washington, D.C., and seven years as President of Texas Woman's University, Shirley Chater is coming back home.

The former UCSF vice chancellor of academic affairs returns to UCSF on March 1 for a year-long appointment as Regents' Professor at the Institute of Health and Aging, to lecture on gerontology, women's issues, public policy, administrative theory and Social Security. Chater says she's keeping her options open about any future permanent position.

Chater

In addition to her former role in the University's administration from 1974 to 1986, Chater taught at the UCSF School of Nursing and the UC Berkeley School of Education for 22 years, and earned her master's and PhD, respectively, at these universities.

"I'm thrilled to be invited to speak out on issues of import at UCSF. And I was extremely pleased to be remembered by my UCSF colleagues. It is a terrific honor," says an upbeat Chater.

Based on her experience at the helm of Social Security, Chater is interested in

(See **Chater** on page 3)

UCSF to award five for advancement of women on April 7

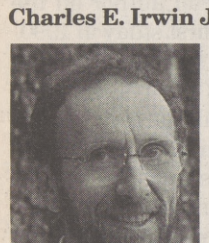
Five members of the UCSF campus community have been selected to receive the 1997 Chancellor's Award for the Advancement of Women. The award recognizes both men and women who contribute to the advancement of women and/or work to increase knowledge of women's health.

Rebecca Jackson, a resident in Obstetrics, Gynecology, and Reproductive Sciences, and Lisa Kim-Shapiro, a graduate student in the Program in Pharmaceutical Chemistry will share the award for a student/resident/postdoc. Kathleen Giacomini, professor of biopharmaceutical sciences will receive the award for a member of the faculty; and Carolyn Koster, former manager in the department of stomatology, and Karen Newhouse, special assistant to the Vice Chancellor of Administration will share the award for staff.

Chancellor Joseph Martin will present awards to these five outstanding women at a ceremony to be held on Monday, April 7, from noon to 1:00 p.m., in Toland Hall. Newsbreak will have a story on the award winners in an upcoming issue.

Honors & Awards

Charles E. Irwin Jr., professor of pediatrics, director of division of adolescent medicine: Received the International Honorary Lectureship Award of the Swedish Medical Society. The honorary lectureship award recognizes the outstanding achievements of physicians and scientists in various medical disciplines throughout the world. This is the first award given in the field of adolescent medicine since the Swedish Medical Society was founded in 1819.


Irwin

Richard H. Kallet, respiratory therapist: Selected by the Society of Critical Care Medicine as the 1997 recipient of the respiratory care specialty award, which carries a $500 cash prize. His abstract, titled "Pressure Control Ventilation (PVC) Reduces Assisted Work of Breathing Better Than Volume Control Ventilation (VCV) In Acute Respiratory Failure (ARF)" was the basis for his award, which recognizes excellence in critical care research. The award was presented at a ceremony Feb. 7.

Philip LeBoit, associate professor of pathology and dermatology: Selected as editor-in-chief, The American Journal of Dermatopathology. The Journal is the official publication of the International Society of Dermatopathology. LeBoit was also recently named as an editor of Seminars in Cutaneous Medicine and Surgery.

Jack Levin, professor of laboratory medicine and medicine: Selected for the third time to be the senior editor of the Proceedings of the International Endotoxin Society (IES). These volumes are published in conjunction with the biannual international scientific conferences of the IES, an organization of biomedical scientists who are interested in the field of bacterial endotoxins.

Abraham M. Rudolph, emeritus professor of pediatrics: Received an honorary degree from the University of René Descartes in Paris at a Dec. 12 ceremony marking the university's 25th anniversary.

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received January 16-31, 1997.

$1 million or more
Mr. and Mrs. Philmore G. Divine, '43
Estate of Wilma A. Pirag
Mr. and Mrs. George R. Roberts

$25,000 - $99,999
Anonymous
Friends of the Infant Parent Program

UCSF gets $17 million for HIV prevention research

The UCSF Center for AIDS Prevention Studies (CAPS) received a five-year, $17.8 million grant from the National Institute of Mental Health to continue its research on the prevention, consequences and concerns of HIV infection.

"In the past few years the world of HIV prevention and treatment has changed dramatically," says CAPS director Thomas J. Coates, UCSF professor of medicine and epidemiology. "We now know which strategies are effective in preventing HIV transmission and which populations are facing the greatest risk.

Coates

"Recent advances in AIDS treatment, including powerful drugs that can almost eliminate viral load in HIV-infected people, could have a huge impact on how prevention is conducted in this country," he adds.

Indeed, CAPS investigators will work with other UCSF AIDS investigators to develop studies to address how antiviral drugs, such as protease inhibitors, will affect prevention efforts. Issues such as confidence in drug efficacy, drug access and compliance, and risk behaviors of those receiving drug therapy will be studied. CAPS will also conduct compliance studies to develop strategies to increase adherence in a variety of populations so that protease inhibitors can be used by more HIV-infected individuals.

CAPS will design, implement, and evaluate an intervention to reduce sexual and drug risk-taking behaviors among 1,200 HIV-infected men and women in order to decrease the risk of HIV transmission and to promote health-related behavior changes. The research will be focused on HIV-positive women, men who have sex with men, and injection drug users. The study will be conducted in San Francisco, Los Angeles, New York, and Milwaukee.

The grant, which coincides with CAPS' 11th year, also provides funding for other projects including:

- Working with visiting scholars to develop, implement and disseminate HIV prevention research in developing countries.
- Assisting minority scientists to design, conduct, analyze and publish HIV prevention research independently in their home communities.
- Studying HIV-infected children entering kindergarten to examine differences in behavioral and biologic outcomes after entering school.
- Disseminating research findings through HIV prevention fact sheets and the CAPS home page on the web (http://www.caps.ucsf.edu/capsweb), and providing policymakers with research summaries and analyses and educating the media.
- Delving into health care policy research to determine the changes in medical care programs that are needed to be responsive to the changing therapies for HIV.

—Rebecca Higbee

Two named Fulbright scholars

John M. Neuhaus, associate professor of epidemiology and biostatistics, and Daniel I. Sessler, associate professor of anesthesia, are among 20 UC scholars who have been named as Fulbright scholars to lecture, consult or do research abroad this year.

The UC recipients represent 40 percent of the 49 California recipients chosen by the J. William Fulbright Foreign Scholarship Board and the US Information Agency.

Named for its sponsor, the late Sen. J. William Fulbright, the program is the US government's premier educational exchange program. Grants are awarded on the basis of academic merit and professional promise.

Neuhaus will teach a class on statistics at a university in Lisbon, Portugal, where he will advise and collaborate with graduate students and faculty members in his four-month stint that beginning in March. Although he toured Portugal some 13 years ago, Neuhaus says he's looking forward to learning more about the people and the culture.

Sessler will set up an outcomes research group at the University of Vienna, where he works as vice chair of the department of anesthesia. As Director of the Thermoregulation Research Laboratory in the department of anesthesia at UCSF, Sessler began outcomes research 10 years ago, focusing on temperature regulation of surgical patients. As principal investigator of a study published last May in The New England Journal of Medicine, Sessler found that keeping body temperature normal during surgery significantly reduces the chance of surgical and post-surgical complications.

Typically, body temperature of surgical patients decreases about 4 degrees Fahrenheit due to anesthesia and exposure to cold operating rooms, Sessler says. Patients kept at normal temperatures had only one-third as many infections as those experiencing typical hypothermia, Sessler's research found.

Research (from page 1)

At the recent award ceremony, from left, are Kathryn Chu, Dean Haile Debas and Mike Zimmerman.

gist R. Rathinam, who runs the uveitis clinic. Their work resulted in the creation of a checklist of six ocular signs to help clinicians make a diagnosis and give appropriate treatment.

Zimmerman's research, entitled "Inhibition of vascular endothelial growth factor (VEGF) suppresses primary prostatic tumor growth and metastasis," hypothesized that inhibition of VEGF, which is required by some types of tumors to develop a blood supply for growth, would impair the tumor's ability to grow. In studies with mice with cancer that had spread or metastisized, Zimmerman found exactly that: an antibody neutralized VEGF and slowed tumor growth and metastasis.

This research has the potential to stimulate clinical trials to evaluate VEGF, made by Genentech, for patients with prostatic cancers and other cancers as well, says his advisor Marc Shuman, a professor of the Cancer Research Institute.

Shuman says he admired Zimmerman's "boldness" and "persistence," when he asked for a position in his lab even before he started medical school. "Those are both traits that are important for lab investigators."

With posters that encircled the entire Millberry Union Gym, eight first-year and 35 second-year medical students displayed their research results, according to Diane Colby, assistant dean for student research. Intriguing studies from that exhibition included:

- With colleagues in the department of obstetrics and gynecology, second-year student Kelli B. Zivitz surveyed women on their "coital debut" to determine the factors associated with first intercourse at early age. She says understanding these factors can form the basis of culturally appropriate prevention programs to alter sexual activity among teens. She found that white, African Americans and American Indians were four times more likely to have sex early than Asians and Hispanics. Half of the 105 women interviewed had sex at age 16 or younger. "There is also a trend of decreasing age of first intercourse," reports Zivitz.
- Under the guidance of advisor Elizabeth A. Holly, Helen F. Yeni-Komshian, second-year student, studied the relationship between childhood brain tumors and exposure to farm animals. Brain tumors are the second leading cause of cancer deaths in children. The study concludes that there is a modest increased risk of brain tumors for children who spent time on farms, especially for those who come into contact with pigs. Researchers call for continued investigations to gain insight into the etiology of these diseases and to find ways to prevent them.

Three nursing books rank as best

The American Journal of Nursing has judged three texts from the UCSF School of Nursing as being among the best published in 1996. The texts as chosen by AJN's panel of judges are:

"Expertise in Nursing Practice, Caring Clinical Judgment and Ethics," written by Patricia Benner, professor in the department of physiological nursing, Christine A. Tanner and Catherine A. Chesla, an assistant professor in family health care.

"Oncology Nursing: An Essential Guide for Patient Care," written by Christine Miaskowski, professor and chair of physiological nursing.

"Culture and Nursing Care: A Pocket Guide," edited by Juliene G. Lipson, Suzanne L. Dibble and Pamela A. Minarik. Lipson is a professor in community health systems and Dibble is an associate adjunct professor in the department of physiological nursing.

UCSF Newsbreak

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Deadline for the next issue, to cover March 1—14, 1997, will be on **Tuesday, Feb. 18.** Please send news to Lisa Cisneros, 476-3256 or (cisnero@itsa.ucsf.edu), and calendar items to Brad Foss, 476-3163 or (bfoss@itsa.ucsf.edu), both at Box 0462. Fax last-minute copy to 476-3541. For distribution changes, call C.J. Burleson at 476-6791.

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UCSF to receive $19.2 million in settlement

UCSF will receive $19.2 million in proceeds from the Ischemia Research and Education Foundation (IREF) as part of an out-of-court agreement to resolve a suit alleging that UCSF was not fully reimbursed for direct and indirect research costs.

The IREF, a non-profit corporation which has no affiliation to UCSF, conducts research involving the risk of heart attack and stroke associated with surgery. The foundation has conducted a number of major multicenter research studies into the safety and effectiveness of experimental treatments designed to reduce the risk of heart attack and stroke.

Dennis Mangano, UCSF professor of anesthesia, has served as chairman of the board of directors of the foundation.

In 1994, another UCSF faculty member filed a suit alleging that the IREF used UCSF's name and resources to obtain and conduct research studies without reimbursing the University. Although UCSF was not a formal party to the qui tam action, the University participated in the discovery and settlement discussions and is a party to the settlement agreement.

A San Francisco Superior Court approved the settlement entered into by the University, the foundation and the qui tam plaintiff. Qui tam, the abbreviation of a Latin term, refers to legislation that allows private citizens to file a lawsuit in the name of a government agency charging false statements by contractors or others who receive or use government funds and to share in any money recovered.

The suit was filed by Charles Richardson, UCSF assistant adjunct professor of medicine, who will receive $1.5 million as his share of the settlement.

Chater (from page 1)

discussing at UCSF the prevalence of poverty among elderly women, who live longer than men but are often significantly less financially prepared for retirement. For instance, there are 37,000 women, and only 500 men, over the age of 100 in the US, she says. "In one sense, entitlement programs are truly for women," she says. "So women have to be better prepared to care for themselves as they get older."

Under her leadership, the Social Security Administration has aimed to rebuild public confidence in the system, provide better service to the more than 48 million people who receive benefits, and create a better working environment for the 65,000 employees who work in Social Security field offices.

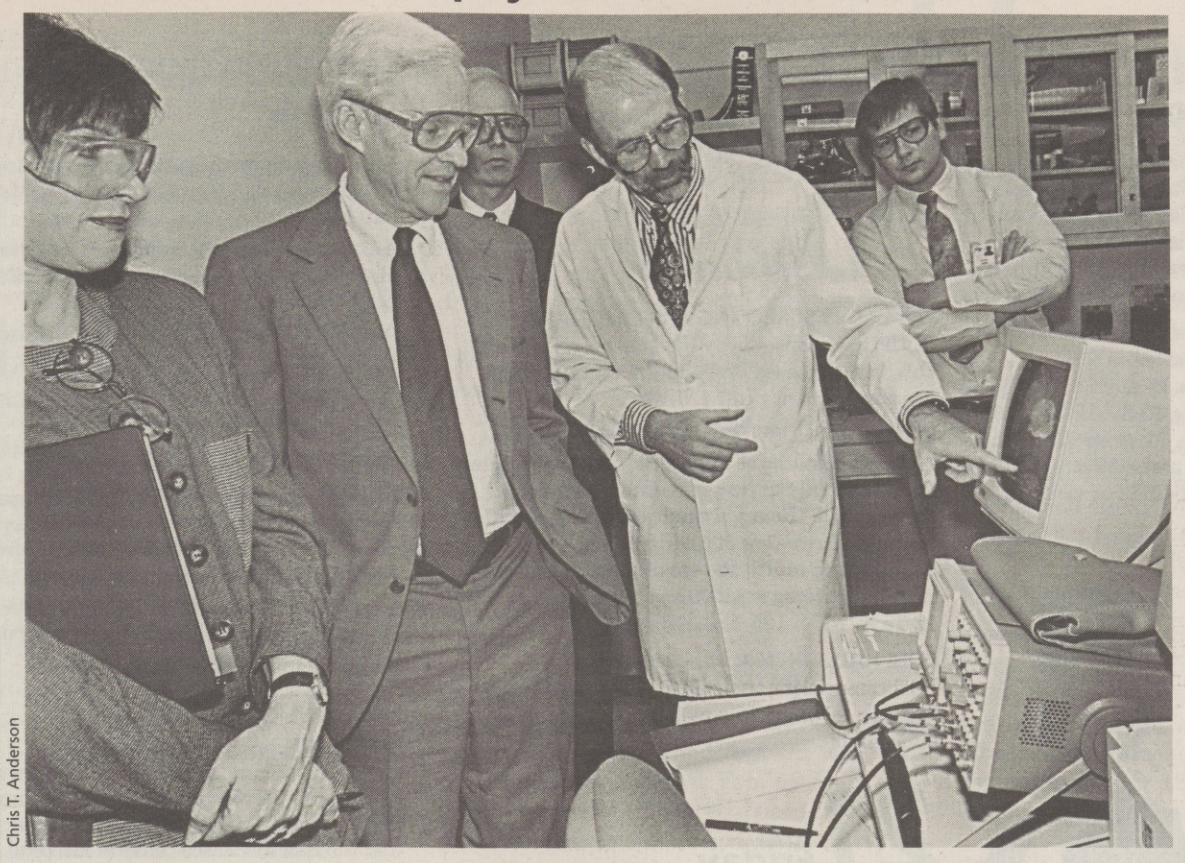
Chater says Social Security will remain stable through the year 2029 but that long term solvency hinges on "a package" of "modest" reforms to the system. Under current assumptions used to project the fiscal health of the program, costs will exceed income over the next 75 years, due in large part to the retirement of baby boomers.

According to recommendations made last month by an advisory council on Social Security, ways to ensure the program's long term solvency include: investing Social Security funds in private equities, taxing benefits to the extent they exceed what citizens pay in, gradually lowering the growth of benefits (particularly for middle- and high-wage workers), and converting the present Social Security system to a flat benefit program and substituting compulsory individual accounts for part of Social Security benefits.

Chater was to step down from the Clinton Administration at the end of his first term, but agreed to stay through the end of this month at the President's request.

"I'd like to say that what I'll miss most about Washington is visiting the Kennedy Center and all of the wonderful museums, but quite frankly my work schedule didn't permit it. I will miss, however, being involved in shaping the major policy issues on the cutting edge of this country's future," she said.

President Atkinson pays a visit to Parnassus



Chris T. Anderson

UC President Richard Atkinson visited UCSF recently to meet with Chancellor Joseph Martin, the Chancellor's Cabinet, the Academic Senate and others. Atkinson also toured the Parnassus campus meeting some faculty staff and students. Pictured above, from left, Susan Montrose, executive assistant to the Chancellor, Atkinson and others hear professor John Featherstone of the department of restorative dentistry explain his experiments with a laser to prevent the progression of tooth decay.

RESEARCH ROUNDUP

Step closer to gene therapy for hearing disorders

UCSF hearing specialist Anil Lalwani has reported a significant first step in future use of gene therapy to treat the deaf and hearing impaired.

Researchers successfully introduced a "foreign" gene into the inner ear of animal models and then saw the gene appear, or be "expressed," within the cells of a variety of inner ear tissues, he said.

Gene expression is a major hurdle in gene therapy procedures, so this achievement carries important weight, says Lalwani, who is UCSF assistant professor of otolaryngology and principal investigator of the study.

The research team is the first to report the accomplishment in the cochlea — the inner ear — in mammals, namely guinea pigs.

"Gene therapy is currently in use in clinical trials to treat many disorders, including cancer, viral infections, and cystic fibrosis, but the feasibility of directed gene therapy in the auditory system had not been previously explored," Lalwani says. "These results in long-term gene expression in the animal model now set the stage for gene therapy to someday be a viable treatment in humans who are hearing impaired."

Ten percent of the US population suffers from some sort of hearing impairment, from partial loss to total deafness . "There is potential for gene therapy to help patients who suffer from inherited deafness or inherited progressive hearing loss, as well as sudden hearing loss," he says. "However, this will require much additional work before it can be implemented."

The next step is to study specific benefits of gene therapy in the animal auditory system, he said.

New research bolsters UCSF glaucoma theory

UCSF eye researchers say a study published by Iowa researchers in a recent journal Science is "proof in principle" of their theory from several years ago that a particular gene — known as the TIGR gene — will be one of the keys to glaucoma diagnosis and that defects in the gene could account for more than 20 percent of adult glaucoma.

The Science article reports that mutations of the TIGR gene play a role in primary open angle glaucoma (POAG), the most common form of glaucoma, affecting an estimated 3 million Americans, and the second leading cause of blindness in the US. The study was conducted by University of Iowa researchers, who had been studying a rare form of glaucoma called juvenile glaucoma, and was co-authored by UCSF researchers.

The TIGR gene was originally cloned at the UCSF Department of Ophthalmology by molecular biologist Thai D. Nguyen, using a human cell culture system developed by Jon R. Polansky, UCSF associate professor of ophthalmology. Working with InSite Vision Inc. of Alameda, UCSF has filed a series of patent applications beginning in 1994 covering the TIGR gene for diagnosis of glaucoma and other uses.

Recent studies by Polansky and Nguyen of the entire TGIR gene and its surrounding areas indicate that the defects in the gene appear to be more prevalent than those reported in Science—about five to 10 times greater in their preliminary studies.

The UCSF researchers are applying molecular, cellular and genetic approaches to further characterize the function of the TIGR gene for its role in glaucoma pathogenesis. Future directions for UCSF glaucoma research, funded by the Glaucoma Research Foundation and the National Eye Institute, include finding ways to understand the activity of the TIGR gene and to find a way to interrupt its production. These future studies are also the basis for their research in therapeutic approaches to glaucoma.

"Only with an understanding of the TIGR molecule's biology and life cycle will we understand how altered physiology becomes pathology in this important disease," Polansky says.

Chancellor (from page 1)

with residents will be tantamount to that end, says Marcia Rosen, a member of the community advisory group that assisted the University in creating goals and objectives for its recently approved long range development plan.

"We need someone who respects a community perspective. A two-way dialogue will be the vehicle for meaningful community involvement," says Rosen, director of the mayor's office of housing.

The next chancellor will also be faced with the task of maintaining a diverse campus given the Regents decision to discontinue affirmative action programs, and the passage of Proposition 209, which could put an end to such programs statewide if upheld in the courts. Recent admissions statistics indicate a significant drop in the number of underrepresented minorities applying to UC's professional schools.

"That's an area where the next chancellor can provide leadership to try to turn those numbers around," says Michael Adams, director of affirmative action and equal opportunity employment. "There is a strong interest on this campus for diversity, both in terms of recruitment and hiring, and in providing culturally competent health care training," he says.

How tough will it be to find a leading academician who can foster harmony between the University and its neighbors, earn the respect of California's legislators, deal with the complex management issues sure to arise through the merger with Stanford, raise funds from the private sector and address the needs of all graduate and professional programs at UCSF?

"It's almost impossible," says William Wara, professor of radiation oncology and chair of the Academic Senate. But, Wara says, Martin has been successful on many fronts, in part because of his commitment to "shared governance."

Says Adams, "I think Martin, who is both down-to-earth and accessible, has set a model for what a chancellor should be. That may be hard to follow."

Suicide (from page 1)

ing two appeals to the US Supreme Court, which will decide whether a person has a constitutional right to receive medications from a doctor to commit suicide.

"We need to bring this taboo issue into the light of day. Physician-assisted suicide should not be surreptitious or be practiced in an unsupported way. As it is now, teamwork and collaboration between doctors is far too limited. This phenomenon is dangerous because doctors are operating in isolation and the situation is inherently stressful. They are trying to relieve the suffering of their patients and they are struggling alone," Slome said.

The current study, published in the Feb. 6 issue of the New England Journal of Medicine, was based on an anonymous, self-administered questionnaire which was sent to 228 Bay Area physicians who are members of the Community Consortium. Of the 228 questionnaires, 137 were returned and, after deleting physicians no longer in clinical practice, 118 were evaluated.

The Community Consortium is an association of more than 200 Bay Area HIV health care providers. The Consortium is part of the UCSF AIDS Program at San Francisco General Hospital and is directed by Donald I. Abrams, UCSF professor of medicine.

Feb. 15–28, 1997

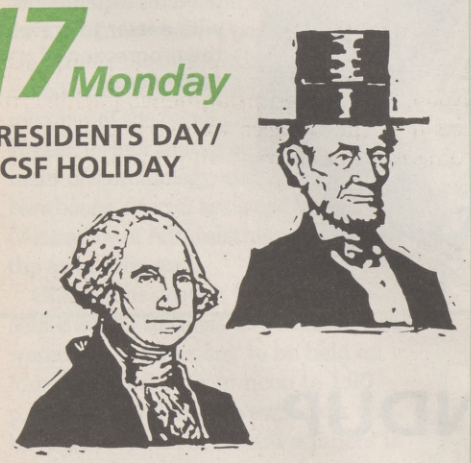
15 Saturday

LOW VISION FORUM: As part of a series for the visually impaired sponsored by the Department of Ophthalmology, Lisa Wong from the Glaucoma Research Foundation will present an update in glaucoma research, 11 a.m.-1 p.m., in the lobby of the ACC. Free. Call 626-5113.

COLE HALL CINEMA: Millberry Arts & Performances presents *Umbrellas of Cherbourg.* Children under 14 pay $2; UCSF students and MU members, $2.50; UCSF staff, seniors and other students, $3; general public, $3.50. Cole Hall. 6:30 p.m. and 8:30 p.m. (Film subject to change). Call 476-2542 or visit www.ArtsPerf.ucsf.edu.

17 Monday

PRESIDENTS DAY/ UCSF HOLIDAY



18 Tuesday

NEWSBREAK/MEDSOUNDS DEADLINE FOR NEXT ISSUE

NEW EMPLOYEE ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

WORKSHOP FOR MANAGERS AND SUPERVISORS: A five-week discussion group called *Managing Transitions* begins. 12-1 p.m. Call 476-8279 to register for this limited enrollment program.

BROWN BAG LECTURE: Margaret McNamara, interim chief of pediatrics at UCSF/Mount Zion, presents *Pediatric Potpourri*, a discussion of how to manage common pediatric illnesses at home, and when to call a doctor. Herbst Hall, 1600 Divisadero St. 12-1 p.m. Sponsored by UCSF Public Service Programs. Call 476-4394.

MEDITATION CLASSES: Conducted by Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences. N 423. 12-1 p.m. Free. Call 563-4459 to register.

ALTERNATIVE MEDICINE LECTURE: Gunter Risse, professor of history of health sciences, presents *A Wholesome Return to Nature: Ecological Awareness, Fear of Chemicals and the Allure of Naturopathy.* HSW 300. 12-1 p.m. Call 476-2766.

BLACK HISTORY MONTH FILM: Pratlbha Parmar's film, *A Place of Rage,* is a celebration of African-American women and their achievements, features interviews with Angela Davis, June Jordan and Alice Walker. 12:10-12:50 p.m. N 217. Free. Call 476-5222.

19 Wednesday

TO OUR NEIGHBORS DEADLINE FOR APRIL, MAY, JUNE ISSUE

WOMEN'S CARDIOVASCULAR HEALTH: Barbara Naimark, a registered nurse from the University of Manitoba, Canada, will present a lecture titled *The Effect of Moderate Exercise on Serum Ferritin and other Coronary Artery Disease Risk Factors in Post-Menopausal Women,* 12-1 p.m., N 617. Call 476-4833.

AFRICAN AND AMERICAN CULTURE: Imam Shuaibe, a motivational speaker, discusses the role of African culture in influencing American culture. 12-1 p.m. Toland Hall. Call 476-4410.

BROWN BAG LECTURE: Robert Sweetow, director of audiology and associate clinical professor of otolaryngology, presents *Digital Hearing Aids: Is This The Answer We've Been Waiting For?* 12:10 p.m. N 225. Free. Call 476-4394.

20 Thursday

TAY-SACHS SCREENING FOR PREGNANT COUPLES: Sponsored by the Northern California Tay-Sachs Disease Prevention Program. 9 a.m. For appointments, call 476-4080.

BROWN BAG LECTURE: Jane Mahakian, program coordinator of the UCSF Child and Elder Care Referral Service, presents *The Ins and Outs of Care Giving,* a discussion on the challenges and rewards of caring for elderly parents and the multitude of resources and support systems available in the Bay Area. 12-1p.m. MCB 125. Call 476-4394.

COLE HALL CINEMA: Millberry Arts & Performances presents *Get on the Bus.* Showings at 5:45 p.m. and 8:15 p.m. See Feb. 15 for ticket information.

21 Friday

AFRICAN-AMERICAN VENDORS FAIRE: MCB Lobby. 11 a.m.-3 p.m. Call 476-9413.

CHINESE ENERGETIC HEALING: Kam Yuen talks about how Chinese energetic healing can promote safe, rapid healing. 12-1 p.m. N 217. Free. Call 330-5353.

BLACK HERITAGE MONTH MUSICAL CELEBRATION: The Khalil Shaheed Band will perform and food will be served, 5-9 p.m. in Millberry Union Conference Center. Call 476-4410.

COLE HALL CINEMA: Millberry Arts & Performances presents *Get on the Bus.* Showings at 6:30 p.m. and 9 p.m. See Feb. 15 for ticket information.

22 Saturday

BASIC ELECTRICAL REPAIRS: The Women' s Resource Center sponsors this class that teaches how to repair wires and plugs on lamps and other appliances. Participants will learn how to wire switches, outlets and attach fixtures. 9 a.m.-4 p.m. N 417. Cost is $45-60. Call 476-5222.

TABLE TENNIS TOURNAMENT: Empact! is sponsoring this tournament for UCSF students and employees who are beginners or intermediates in the Millberry Union Gym, 10 a.m.-5 p.m. Entry forms, which cost $6, are available in the Millberry Fitness Center Lobby or by calling 476-0356.

UCSF BLACK CAUCUS GALA: Dinner and dance will be held at the Marriott Hotel in Burlingame. Tickets are $45 and can be purchased by calling 476-2115 or 476-1461.

COLE HALL CINEMA: Millberry Arts & Performances presents *Get on the Bus.* Showings at 6:30 p.m. and 9 p.m. See Feb. 15 for ticket information.

24 Monday

CANCER REGISTRY TRAINING PROGRAM: This two-week program, which begins at 8:30 a.m. each week day at Laurel Heights, through March 7, offers an intensive overview of hospital registry operations, central registries, and other types of cancer patient data systems. Course workshops provide practice in abstracting staging, coding and interpreting registry data. Call 476-2331.

GETTING RESEARCH INTO THE MEDIA EFFECTIVELY: Jayne Garrison, news editor of Health Magazine, Spencer Michels, correspondent and producer for the News Hour With Jim Lehrer, and Sabin Russell, health writer for the SF Chronicle are the featured guests of *The Story and the Storytellers: Meet the Media,* 12-1:30 p.m. in the seminar room at the Institute for Health Policy Studies, 1388 Sutter St. Call 476-4921.

CONTINUING EDUCATION

MEDICINE

Bay Area Seminars in Cytopathology. Thursday, Jan. 9 through Thursday, May 8. San Francisco.

Aesthetic Surgery Symposium. Thursday, March 20 through Saturday, March 22. San Francisco.

Annual Review in Family Medicine. Wednesday, March 26 through Friday, March 28. San Francisco.

For more information, call 476-4251.

DENTISTRY

Third Annual Island Dental Colloquium (co-sponsored with University of Pennsylvania School of Dentistry). Monday, Feb. 17 through Friday, Feb. 21. Kauai, Hawaii.

Update in Dental Hygiene Techniques and Therapy. Saturday, May 3. UCSF campus.

For more information, call 476-1101.

INFORMATICS CLASSES

The UCSF library offers the following Informatics Training Seminars. Classes are held in S 165A Medical Sciences Building (MAC), the ILC Classroom at 222 Library (PC) and the San Francisco General Hospital Library (SGFH). Please call 476-2337 for a complete schedule or check out the Informatics website at http://www.library.ucsf.edu/ed/class/

The World Wide Web. Tuesday, Feb. 18, 2-4 p.m. (SFGH), Wednesday, Feb. 26, 10 a.m.-noon (PC), and Thursday, Feb. 27, 10 a.m.-noon (SFGH)

Introduction to the Internet. Thursday, Feb. 20, 10 a.m.-noon (SFGH) and Monday, Feb. 24, 2-4 p.m. (SFGH)

Subject Searching on MEDLINE. Thursday, Feb. 20, 2-4 p.m. (PC)

Managing Information Overload. Tuesday, Feb. 25, 9-11 a.m. (MAC)

Introduction to MEDLINE. Wednesday, Feb. 26, 3-5 p.m. (SFGH)

COMPUTER TRAINING

Facilities Management offers the following classes for PC users. All classes are held at the FM Training Room, 3130 20th Street. Shuttles leave from UCSF/Mount Zion, Parnassus and SFGH. Half-day class is $135, full-day is $215. Call 476-6825.

Excel III. Thursday, Feb. 20, 1-4:30 p.m.

Word for Windows III. Tuesday, Feb. 18, 8:30 a.m.-noon and Thursday, Feb. 27, 1-4:30 p.m.

Excel IV. Tuesday, Feb. 18, 1-4:30 p.m.

Word for Windows I. Wednesday, Feb. 19, 8:30 a.m.-noon.

Excel II. Wednesday, Feb. 19, 1-4:30 p.m. and Thursday, Feb. 27, 9:30 a.m.-noon.

Windows I. Thursday, Feb. 20, 8:30 a.m.-noon.

Excel I. Monday, Feb. 24, 1-4:30 p.m. and Wednesday, Feb. 26, 1-4:30 p.m.

Access II. Tuesday, Feb. 25, 9 a.m.-3 p.m.

Word for Windows II. Wednesday, Feb. 26, 8:30 a.m.

DEVELOPMENT & TRAINING

Interaction Management Tactics. Tuesdays, Feb. 11 and 25, March 11 and 25, April 8 and 22. Wednesdays, Feb. 19 and 26, March 5, 12 and 26,and April 2. Thursdays, March 13 and 27, April 10 and 24, May 8 and 22. $300. Call 476-4278.

Strategies for Success in a Sped-up Society. Wednesday, Feb. 19, 8:30 a.m.-4:30 p.m. $100.

Group Facilitation Methods. Tuesday, Feb. 25 and Wednesday, March 5, 8:30 a.m.-4:30 p.m. $275.

Skill Clinic for Trainers. Wednesday, Feb. 26 and Friday, Feb. 28, 8:30 a.m.-4 p.m. $90.

Writing Job Descriptions and Understanding Classification Concepts. Thursday, Feb. 27, 8:30 a.m.-12:30 p.m. $40.

Pre-Supervisory Training. Tuesdays and Thursdays, March 4 through 13, 9 a.m.-noon. $100.

UCSF Budget Basics. Friday, March 7, 9 a.m.-3 p.m. $50.

General Ledger and Accounting. Wednesday, March 12, 9 a.m.-4:30 p.m. $50.

Working Smarter, Not Harder. Tuesday, March 18, 8:30 a.m.-4:30 p.m. $100.

The UCSF Budget Process, An Overview. Wednesday, March 19, 9 a.m.-4:30 p.m. $60.

Cost Transfers. Thursday, March 20, 9 a.m.-noon. $40.

Resolving Employee Conflicts Before They Happen. Tuesday, March 25, 9 a.m.-4:30 p.m. $90.

Demystifying Gift/Private Grant Acceptance. Thursday, March 27, 9 a.m.-noon. $40.

For more information, call 476-4032.

CRIME PREVENTION

Presentations are made by the UCSF Police Department to campus departments and employees in the workplace by appointment. Call 476-5683.

RAPE PREVENTION

Personal safety, rape and assault prevention presentations are sponsored by the UCSF Rape Prevention Program. For an appointment, call 476-5222.

BETTER VISION NOW: Douglas Holsclaw, assistant clinical professor of ophthalmology, will talk about new surgery options for the correction of nearsightedness and astigmatism — from laser surgery to corneal implants. UCSF Beckman Vision Center. 6 p.m. Free. Call 476-5021.

25 Tuesday

ALTERNATIVE MEDICINE LECTURE: Gunter Risse, professor of history of health sciences, presents *The Healing Touch: Massage, Mesmerism, Magnetic Cures, and Christian Science.* HSW 300. 12-1 p.m. Call 476-2766.

UCSF ORCHESTRA PERFORMS: This concert features Korngold's *Sea Hawks,* Mussorgsky/ Ravel's *Pictures at an Exhibition,* and a piano concerto featuring the winner of the UCSF Orchestra Piano Competition. 7:30 p.m. Millberry Gym. UCSF students free.

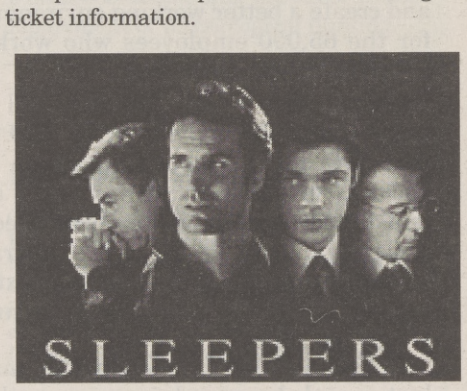
26 Wednesday

BROWN BAG LECTURE: Ron Finley, assistant clinical professor of medicine, presents *Myths, Medication, Money and Aging,* a presentation that debunks myths, exposes falsehoods and could save you money. 12:10 p.m. N 225. Free. Call 476-4394.

27 Thursday

TAY SACHS SCREENING FOR PREGNANT COUPLES: Sponsored by the Northern California Tay-Sachs Disease Prevention Program. For appointments, call 476-4080.

COLE HALL CINEMA: Millberry Arts & Performances presents *Sleepers.* Showings at 5:45 p.m. and 8:45 p.m. See Feb. 15 listing for ticket information.



28 Friday

HOSPITAL NEW EMPLOYEE ORIENTATION: Langley Porter Auditorium. 8:30 a.m.-1 p.m. Department personnel representatives call John Frank at 476-3001.

SURGERY RESIDENT RESEARCH DAY: Patricia Donohoe, the J. Englebert Dunphy Visiting Professor, presents *Novel Signal Transduction Pathways of Seine / Threonine Kinase Receptors of the TGF-ß Family.* 11:30 a.m.-12:30 p.m. Toland Hall. Call 476-0972.

ANNUAL BLACK NURSES SYMPOSIUM: See upcoming events on page 5.

A WORKOUT FOR OLDER ADULTS: Yuko Hayashi, certified senior fitness instructor, presents *Body, Mind, Spirit in Harmony,* 12-1 p.m., N 217. Free. Call 330-5353.

COLE HALL CINEMA: Millberry Arts & Performances presents *Sleepers.* Showings at 6:30 p.m. and 9:30 p.m. See Feb. 15 listing for ticket information.

What's Happening

Regular meetings and ongoing support groups

Sunday

Healing Garden Working Days: UCSF/Mount Zion Cancer Center Healing Garden, 2356 Sutter. Call for dates: 885-3693.*

Monday

Art for Recovery: Monday and Thursday afternoons. Cancer Center, Infusion Center, second floor. Call Cindy Perlis at 885-7221.

Drop-in Support Group for Women Living with HIV/AIDS: Free lunch and beverages provided. A 45. 11 a.m.-12:30 p.m. Call 476-2417 or 476-9289.

Health Professionals in Recovery: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets twice a month. Noon. Call 476-8279.

Friends of Lois Al-Anon Meeting: Closed meeting: for friends & families of alcoholics only. Room 521, MCB. After Jan. 1, will meet in Room 3, MCB. Noon. Call 626-5633.

Breast Cancer Support Group: J 223, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6-7:30 p.m. Pre-registration required. Call Debra Marks at 750-3155.

Colorectal Cancer Support: Second and fourth Mondays. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30-8:00 p.m. Call 885-7585.*

Melanoma Support Groups: Meets first and third Mondays for patients and family members. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30-8:30 p.m. 885-7585*

AIDS Health Project Meditation & Self-Hypnosis Workshop: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Room, Davies Medical Center 7-9 p.m. Call 476-3902.*

Tuesday

SFGH Circle of Sisters: Monthly networking forum for black women working and studying at UCSF/SFGH. Call 206-8314.

UCSF Staff Council Meeting: Third Tuesdays. 11 a.m.-1 p.m. S 609. Call 476-9977.

MHONA: For victims of trauma with cross disabilities. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Helpline at 759-7923 provided daily, 7 a.m.-10 p.m.*

Exercise & Physiology Class for Cancer Patients & Survivors: Mount Zion Cardiac Care Gymnasium. 12:30-1:30 p.m. Pre-registration required. Call 885-3693.*

Institute of Healing Meditation Class: Every second, third and fourth Tuesday. 12-1 p.m.C 417. Call 563-4459.

Institute of Healing Arts and Sciences Meditation Class: Tuesdays. Noon-1 p.m. Call 563-4459 for location.*

Gospel Choir Rehearsal at UCSF: Weekly at MCB. Noon. Call 502-0106.*

Parkinson's Disease Education & Support Group: For people with Parkinson's & their caregivers. Third Tuesdays. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

Parnassus Players: UCSF's theater group meets first Tuesday at Millberry Union Conference Center. Times vary. Call 921-3231.*

Nurses' Pain Association Meeting: Second Tuesdays. 5:30-7:30 p.m.* Call 476-6100 ext. 40225 for location and topic.

Women's Psychotherapy Group: Langley Porter. 6:00-7:30 p.m. For eligibility requirements and registration call Elaine 931-1958.

Gynecological Cancer Support Group Forming: 6:00-7:30 p.m. For location and registration call Debra Marks at 750-3155.

Brain Tumor Support Group: First Tuesdays. C 130. 7:00-8:30 p.m. Call 284-0208.*

Gay Men's Therapy Group: Tuesdays, 6-7:30 p.m. Call 353-7277.*

*OPEN TO THE PUBLIC

Wednesday

Gay, Lesbian, Bisexual Association at UCSF Meeting: Second Wednesdays. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

Support Group for Family/Friends of Those with Mental Illness: For those interested in psychiatric disorders and treatments. Call Laura Deering-Mayclin at 476-7394.*

Latin American Campus Association Meeting: Second Wednesdays. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

Latin Women Coalition: For Latina faculty, staff and students. Noon-1 p.m. Call 476-7117.*

Parnassus Al-Anon Meeting: For friends and families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

Tai Chi Classes: Staff welcome. UCSF/Mount Zion Cancer Center. Healing Garden, 2356 Sutter. 12-1 p.m. 885-3693.*

Elder Care Resource Class. Wednesdays 12:00-1:00 p.m. C 258 and Thursdays, 11 a.m.-noon, Room 3 Mission Center Building. Call Jane Mahakian, 476-2692.

Alcoholics Anonymous Meeting: Closed meeting: Conference Room 3, first floor, MCB. 12:05 p.m. Call 621-1326.

MHONA: For victims of trauma with cross disabilities. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Helpline also provided daily, 7 a.m.-10 p.m. at 759-7923.*

Trauma/Injury Support Group: First and third Wednesdays. SFGH Library, Bldg. 30, room 3101. 2:30-4 p.m. Call Laurie Barkin at 206-8402 or Dr. Yigal Ben-Haim at 753-1000.

Incest Survivor Support Group for Women : Must attend for one year. 5:30- 7 p.m. For screening, call 476-7526 or 476-7085.

San Francisco City Chorus Rehearsal: 7 p.m. Call 765-SONG.

Eating Disorders Support Group: Open to anyone dealing with an eating disorder in themselves or others. Meets first and third Wednesday. M 688. 7-8:30 p.m. Call 332-3425.*

Co-Dependents Anonymous Meeting: 12-step program for people with dysfunctional relationships. A119, LPPI. 8-9:30 p.m. Call 432-3529.*

Long-Term Psychotherapy Group: Meets 5:30-7 p.m. Contact Elaine at 476-7442.

Thursday

AWAKE Meeting: Alert, Well And Keeping Energetic is a support and education group for people with sleep apnea and their families. Third Thursdays. Bring CPAP equipment for check-up. Call 885-7886.*

Gospel Choir Rehearsal at UCSF: Weekly rehearsals at Parnassus. Noon. Call 502-0106.*

Head & Neck Cancer Surgery Support Groups: Separate groups for patients and families meet on second and fourth Thursdays. J 221, UCSF/Mount Zion Cancer Center, 2356 Sutter. 1-2 p.m. Call first 885-7623.*

Association of Clinical Research Nurses Meeting: Meets every other month, alternating between UCSF and Stanford. 5:45-7:30 p.m. Call 476-0683.*

Support Group for Women Living with Life-Altering Illness: Alternate Thursdays. 6-8 p.m. Call 775-2854 to pre-register.*

Friday

Circle of Sisters: Networking forum for black women working and studying at UCSF. Second and third Fridays. Noon-1 p.m. Call 502-5666.

Weight Watchers Meeting: S 159. Noon-12:45 p.m. Call 476-6148 or 476-6241.*

Alcoholics Anonymous Meeting: Closed meeting: C 417. 12:10-1 p.m. Call 621-1326.*

Lakeside Senior Medical Center Caregiver Support Group: First Fridays. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.

For information on 12-step and support groups call the Bay Area Self-Help Center at 772-4357 or the Mental Health Association of San Francisco at 882-6230.*

Newsbreak deadline

Tuesday, Feb. 18 is the deadline for items to be listed in the next calendar, which covers March 1-14, 1997 (two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Send information for the calendar to Brad Foss at (bfoss@itsa.ucsf. edu), mail it to Box 0462, send a fax to 476-3541, or bring it to UCSF/ Laurel Heights, 3333 California St., Suite 103 or call 476-3163. To submit information for Newsbreak/ Medsounds send email to Lisa Cisneros at (cisnero@itsa.ucsf.edu), or fax it to her at 476-3541.

Breast cancer screenings

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.Women need the approval of their physician, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $75. Call 476-2193 between 9 a.m. and 3 p.m. to make an appointment. Listed below are dates when the van will be at UCSF locations. Call 476-2193 for a full schedule.

- Wednesday, Feb. 26: UCSF/Lakeshore Plaza at 1501-1599 Sloat Blvd.
- Friday, Feb. 28: UCSF/Parnassus at Medical Center Way.

UPCOMING EVENTS

Prepare for childbirth

A four-week childbirth preparation course covering the stages and processes of labor, breathing and relaxation techniques, support, medication options, and cesarean birth is being offered Tuesdays, Feb. 18 through March 11, from 6:30 to 9 p.m. at the ACC. The cost is $130. On March 17, a class for women who are preparing to give birth after a previous cesarean birth will be offered from 6:30 to 9 p.m., also at the ACC. Cost is $55. Registration is required for all courses. Great Expectations for Women's Health offers childbirth preparation courses on an ongoing basis. For more information, call 476-6667.

Inventors competition

A representative of the BF Goodrich Collegiate Inventors Program will visit UCSF on Wednesday, Feb. 19 from 9 to 11 a.m. in MU 427 to distribute information to students about this national awards competition acknowledging scientific innovations, discoveries and research. In 1994, former UCSF student Simon Friedman, who was advised by George Kenyon, dean of the School of Pharmacy, was a winner. Up to three entries for the all-collegiate category (graduate, postgraduate and undergraduate students) will receive cash prizes of $7,500; their advisers will receive $2,500 each. Students may enter as teams. The invention should be reproducible, and may not have been made available to the public as a commercial product or process, or patented or published more than one year prior to the date of submission to the competition. The application deadline is Tuesday, June 3. For more information, call 330/849-6887 or send email to pkunce@invent.org.

Black nurses forum

The UCSF School of Nursing's 11th Annual Black Nurses Symposium, "Celebrating Our Families: Strength and Resiliency," is scheduled for Friday, Feb. 28 from 8 a.m. to 4 p.m. in Cole Hall. The program presents critical topics relating to the African-American family, such as caregiving, adolescent violence, spirituality and health. The symposium is also intended to encourage African Americans to choose careers in nursing or to pursue higher degrees in the field. A free workshop will be conducted for anyone interested in beginning or furthering a nursing career on Thursday, Feb. 27 from 1 to 5 p.m. in N 225. Registration fee is $65, $35 for students. For more information or to register, call 476-4897.

HIV research lecture

Willard Cates, senior vice president for Biomedical Affairs at Family Health International, will speak about "Key Issues for HIV Research in Developing Countries" on Wednesday, March 5 from noon to 3:30 p.m. at the Center for AIDS Prevention Studies (CAPS) at 74 New Montgomery St., Suite 600. The lecture is sponsored by The UCSF AIDS Research Institute. Thomas Coates, director of CAPS will host. To reserve a space, call Michael Ludwig at 597-9235.

Koop speaks in Fresno

Former US Surgeon General C. Everett Koop, who gained prominence for his criticism of the tobacco industry, will be the featured speaker at the annual UCSF-Fresno Foundation spring dinner on Tuesday, March 18 at the Centre Plaza Holiday Inn in Fresno.

Koop will discuss "Medicine in 2000: The New Challenge for Patients and Physicians." The event raises funds for the Foundation, an organization that supports basic and clinical research on Alzheimer's, pediatric AIDS and HIV, and other infectious and occupational diseases. The cost for tickets ranges from $100 to $2,500. Reservations must be made by Thursday, March 13. For more information and reservations, call 209/443-6203.

Black & White bash

Celebrate the beginning of springtime at this year's no dress code Black and White Gala on Friday, April 4 at the San Francisco Gift Center Pavillion. The evening includes hors d'oeuvres, dancing and live music from the Bay Area's popular eight-member band Pride and Joy.

Advance tickets are available to UCSF staff and students at a discounted rate of $10 before the event, or $15 at the door. Pick up tickets at Millberry Union Central Desk or call 476-2675.

General surgery course

The Postgraduate Course in General Surgery, an intensive overview of problems encountered in daily practice by general surgeons, begins Thursday, April 24 at 9 a.m. in the Grand Ballroom of the Embarcadero Hyatt Regency Hotel.

The program will examine a variety of surgeries — anorectal, hepatobiliary-pancreatic, gastrointestinal, breast, trauma— as well as pre- and postoperative care. Registration begins at 8:30 a.m. The program runs through April 26. For registration information, call 476-5808.

Women's Health 2000

The fourth annual Women's Health 2000, slated for 8 a.m. to 4:30 p.m. on Saturday, March 8 at 513 Parnassus, features talks on a variety of women's health issues, from teen health and menopause to alternative medicine and osteoporosis. Sadja Greenwood, UCSF assistant clinical professor and author of "Menopause, Naturally," will open the conference with a keynote talk titled "A Time to Heal Ourselves, A Time to Heal Our World." New to this year's conference is a special all-day program for young women ages 13 to 17 that will run concurrently with the adult program. "Teen Health 2000" provides interactive workshops on health topics of interest to young women, such as eating and exercise, body image and teen pregnancy. In both programs, UCSF specialists will discuss the latest findings in their fields and participants will be encouraged to ask questions. The cost of the conference is $40 for women and $5 for young women. For more information or to register, call 408/535-0436. See the next issue of Medsounds for conference highlights.

Robert Foothorap

Nancy Milliken, co-director of women's health, speaks at last year's conference.

Obesity specialist offers solution to permanent weight control in new book

By CORINNA KAARLELA

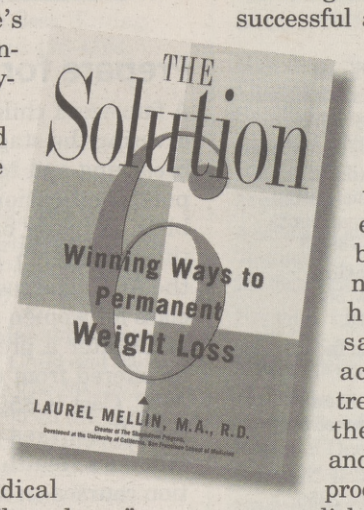
For those of you battling the bulge, UCSF obesity specialist Laurel Mellin has some good news: "There are six causes of weight problems. Each cause has a cure. When all the causes are cured, the weight problem is solved."

Mellin

Permanent control over a weight problem can be achieved by developing skills in six key areas that involve the mind, the body, and lifestyle, says Mellin, associate clinical professor of family and community medicine and pediatrics.

In her new book, "The Solution: Six Winning Ways to Permanent Weight Loss," Mellin outlines the major causes of a weight problem, other than genetics, and discusses how they can be managed. Two are obvious: diet and exercise. "The other four — which typically aren't touched by weight programs — are the powerful mind and body forces that drive overeating and inactivity," she writes.

"A healthy diet and regular exercise are certainly important for weight management, but study results show that for long-term success a person must have the skills to satisfy one's emotional appetite and handle daily stress without relying on food," Mellin says.



The information is based on 17 years of experience with a successful weight management program called "Shapedown" that she developed at UCSF. Originally designed for children and teens, it has proven so effective that its principles have been incorporated into a new program for adults. Today, more than 400 medical centers nationwide offer "Shapedown," a program lauded by the American Medical Association and the American Dietetic Association.

At the core of the program is an understanding of the powerful mind and body drives that stimulate a person to overeat and be inactive. "It is not until the mind and body drives are quieted that weight loss can be sustained," she emphasizes.

According to Mellin, people who are successful at weight loss rely on internal controls rather than external ones. Diets, fasts, exercise, and commercial weight loss treatments are not effective on their own over an extended period of time because they rely on external controls affecting behavior or the body, she says. Even weight loss achieved through drug treatment is regained when the medication is stopped, and long-term safety of these products has not been established, she adds.

The book is organized as a step-by-step guide on how to master the six "cures" that equip a person with the internal skills needed to overcome a weight problem. "Fortunately, they are simple coping skills that even children can learn," Mellin says.

The skills are:

- Mind — Maintain a strong nurturing environment so emotional overeating stops. Set limits in order to maintain effective control in one's life, including food consumption.
- Body — Maintain body pride so that healthful living is a way of honoring one's body and oneself. Maintain optimal health in order to support personal vitality.
- Lifestyle — Follow a balanced eating plan that contributes to pleasure and good health. Use "mastery living" as a guide to daily life, including exercise, meaningful activities, and time to restore oneself.

Follow-up studies of adults who have mastered these skills show continued weight loss without dieting, as well as positive changes in other areas of their lives, Mellin says.

"The roots of weight problems are the same as those for problems involving finances, time, relationships, work, and substance abuse, so it is not surprising that people who complete the program often say that learning these internal skills transformed many aspects of their lives in addition to their weight," Mellin says. "The six skills provide a sort of personal Teflon that helps establish a resiliency to many of life's problems and the ability to bounce back more quickly from others."

Mellin's book is published by Regan Books/Harper Collins Publishers.

Heavy rain doesn't mean free rein on water use

Winter's downpours may have dampened spirits, but they also filled our reservoirs.

However, Kimberly Knox, conservation administrator at the San Francisco Water Department, advises, waste not, want not.

"We never know when it won't rain again. Mother Nature never fills us in," she says.

The torrential rains that pelted San Francisco and much of the West may have fooled some people into thinking they don't have to conserve or pay attention to the amount of water they use.

Not so, says Knox. Keep on conserving. Studies have shown that once people start thinking about how, when and where they use their water, either at home or in the workplace, consumption usually decreases.

UCSF, which has embarked on a water and energy conservation program, obtains its water from the SFWD, whose primary source is the Hetch Hetchy Reservoir. The quality of the Hetchy source water is so well recognized that the US Environmental Protection Agency and the state Department of Health Services granted the City an exemption from filtering Hetch Hetchy water.

While the Hetch Hetchy system provides 85 percent of the City's water supply, an additional 15 percent historically has been captured on local watersheds and stored in five reservoirs on the Peninsula and in Alameda County.

Because this winter's storms stirred up considerable debris in the Hetch Hetchy supply, San Francisco is currently relying on these local sources.

"There's a lot of dirt in the water," Knox says. "It's just not clear" and so the alternate supply is being used at least for the time being.

The amount of rainfall any area can receive is somewhat unpredictable. The last drought Californians suffered through lasted seven years. While Knox says she is "not anticipating any surprises" weatherwise, she adds, "We never find out in advance when it will occur again. We're usually in our second or third year of drought before we actually realize it."

In any event, she says, "conservation is always the smart thing to do." For more information call the UCSF Water and Energy Awareness Program hotline at 415/502-8350, visit the web site at www.fm.ucsf.edu/energy.htm, or e-mail hydrowatt@fm.ucsf.edu. And remember: Save water. Save energy. It's the right thing to do.

— *Joe Rosato*

MEDICAL CALL BOARD

Osteoporosis

The Osteoporosis and Arthritis Research Group of UCSF is recruiting participants for a pilot study to evaluate several techniques used to assess fat and muscle mass in healthy men and women ages 70 to 79. The study is sponsored by the National Institute on Aging and is a collaborative effort between UCSF and SFSU.

The project involves spending one day undergoing several different kinds of body composition measurement procedures at the UCSF and SFSU campuses. One technique involves being submerged in water for several seconds. The day begins at 8 a.m. and lasts about five hours. Participants will be compensated $100 for their time. For more information, call Beverly Paisley at 502-7693 or Thomas Fuerst at 476-3008.

Heart disease

Thomas Bersot of the Gladstone Institute of Cardiovascular Research at UCSF is studying heart disease risk factors. He is seeking research participants for a study that requires donation of about 40 milliliters of blood and completion of a questionnaire. Participants should be Caucasian men between 25 and 50 years old. Participants will be reimbursed $25. For more information, call Timur Arslanoglu at the Gladstone Research Institute at 695-3780.

Stress and HIV

A new research project at the UCSF Center for AIDS Prevention Studies will examine how gay men living with HIV are coping with the new stresses of the changing epidemic. Enrollment begins in March. Eligibility requirements include: gay HIV-positive men with a CD4 count of less than 100 cells per milliliter, who are 21 years of age or older. Call the CHANGES Project at 597-9169 for more information.

Thermoregulation

The UCSF Thermoregulation Research Laboratory is conducting a study to evaluate the effects of fever (induced by injection of the drug Interleukin-2) combined with general anesthesia on the body's temperature. The study consists of two general anesthesia days and possibly a control day (fever alone.) Each study day is ten to 12 hours long and study days are scheduled five to seven days apart. The studies will be conducted in the Thermoregulation Research Laboratory. Participants will be paid a total of $500 to $625 for the entire two to three-day study. Participants must be in good health, between the ages of 18 and 35 years, non-smokers, drug and medication free and be over average weight for height. Please call Azita Moayeri, research coordinator, at 476-3169 for more information.

Nominate for public service award now

It's not too late to nominate someone as a way to recognize and reward faculty, students and staff of UCSF who have performed extraordinary community service in an off-campus setting. Nominations to award three members or teams of the campus community for the 1997 Chancellor's Award for Public Service are due by 5 p.m. on Wednesday, Feb. 19. Nominations must be returned to the Chancellor's Award for Public Service Committee, c/o Public Affairs, Box 0462.

The awards will be presented at a luncheon honoring the recipients as part of Founders Day festivities on Wednesday, April 9.

Faculty Wives look to revamp image

The UCSF Faculty Wives and Associates, a group that provides educational opportunities to students as well as other philanthropic projects to support the campus community, is seeking to rejuvenate its image.

"The new board is eager to ignite some excitement and interest in this 75-year-old group that makes a substantial financial gift to the campus every year," says Jackie Lowenberg, president-elect.

As part of that effort, the group of spouses, partners, and special friends of the academic faculty is asking for input from students, faculty and staff to choose a new name or perhaps keep the old one.

Two suggestions for a new name that are being considered include: The Women's Committee of UCSF and UCSF Faculty Family. To make a suggestion, leave a message at 388-4649 or fax them at 353-9565.

MUNI to install wheel chair ramp at Irving/Arguello

A new, elevated concrete ramp will be constructed at the Irving/Arguello MUNI stop this spring, providing better access to streetcars for people in wheelchairs. Once completed, the ramp will resemble those already in place throughout San Francisco.

The project is part of MUNI's Key Stops Project, which began last year in response to the Americans with Disabilities Act. That act says that every public rail system in the US must designate "key stops" that are accessible to persons with mobility impairments. Fifteen new key stops are being added to city streets this year, including stops at Judah and 9th, Judah and 19th, and Judah and Sunset.

Construction is expected to begin at the light rail stop closest to UCSF in early April, ending sometime in June.

"It's likely that inbound stops at Irving and Arguello will be relocated for a temporary period," says John Katz, MUNI capital projects planner. However, an alternative stop has not been chosen yet, he adds.

The 28-foot ramp at Irving and Arguello will lead up to a six-foot by six-foot platform by which to enter and exit MUNI. The amount of available parking adjacent to the key stop will be reduced.

A concern raised by representatives of UCSF during a recent public hearing was whether the vibrations caused by heavy construction equipment would wreak havoc with sensitive medical equipment such as MRIs.

"That's the only potential disruption that I can foresee," says Cindy Lima, assistant director of operations at the Medical Center.

Katz says MUNI has given special instructions to the contractor to test this possibility before construction begins. "If there are any foreseeable problems, the contractor will work during times the MRI is not operational," he says.

MUNI says it will replace any trees that are removed during the cutting of sidewalks.

Medsounds

Students practice 'art' of medicine

By DALE MARTIN

Along with required courses in anatomy, physiology and biochemistry, one group of UCSF medical students is getting hands-on experience this term with the healing power of the arts.

Eleven first- and second-year medical students are participating in an elective course sponsored by the UCSF/Mount Zion Art for Recovery program in which they develop bedside relationships with patients by helping them express their feelings in words, artwork and music.

Their mission is to engage patients in a creative outlet and learn more about the needs of the seriously ill patients as they are doing it. Some students are finding it's easier than they thought it would be.

Susan Fitzgerald, a first-year student, was able to help a patient to start cartooning — something he hadn't done for a long while.

"We spent time talking and listening. He told me a lot about his life. By the time I left, I was higher than a kite. I felt I helped him connect with something that may have given him some joy in the past," she said.

The unique course was developed by the students themselves after they heard about the program's work with AIDS and cancer patients from Cindy Perlis, director of Art for Recovery.

"Unfortunately, when a person is in the hospital, he or she is only seen as broken," said first-year student Doruk Ozgediz, who helped formulate the course. "But by using his own spirit, the patient has a sense of control over what is happening."

Located at the UCSF and UCSF/Mount Zion Medical Centers, Art for Recovery was founded in 1988 by UCSF oncologist Ernest Rosenbaum to give patients battling cancer and AIDS a chance to tap their creativity as part of their healing process and to help themselves and their doctors understand the emotional part of recovery. Sponsored by Mount Zion Health Systems Inc., the program has since expanded to several other projects, including the UCSF Breast Cancer Quilt project and a pen pal partnership between children and patients.

The new class marks the first time medical students have become formally involved in the program. Many of the medical students are bringing their own talents in music, art and writing to the bedside. Some previously entertained in convalescent hospitals, wrote poetry or played in school orchestras. And, while few now have time in their busy schedules to play for their own enjoyment, they are making a commitment to hospitalized patients.

"I've played violin my whole life," said Nisha Acharya, a first-year medical student. "I love the arts and I love medicine, so this seems a perfect combination."

Armed with sketch pads and colored pencils, journals and musical instruments, the medical students are walking the hallways of the bone-marrow transplant unit, the skilled nursing facility, the Ida Friend Infusion Center and the rehabilitation units at UCSF and UCSF/ Mount Zion Medical Centers.

Brad Foss

Belinda Fu, a first-year medical student participating in the Art for Recovery elective, plays a waltz to the delight of Boris Piatigorfki, a stroke patient at Mount Zion.

And while few patients see themselves as artists, many produce art that describes what it looks and feels like to cope with a life-threatening illness. Perlis, who has worked with hundreds of patients and has catalogued the completed artwork, is always amazed at how seriously ill patients continue to express their uniqueness. Physicians are constantly surprised as well.

"The doctors are blown away. Many will tell me, 'I had no idea she could do this,' or 'I had no idea he was feeling this way,'" Perlis said.

The medical students are expected to work with a number of patients until the course ends in late February. They will then come back together to share their experiences. Several of the students have already said they would like to continue the course in the future.

Ultimately, such classes in medical school could produce better physicians, some suggest. "This is a great lesson in how to listen to a patient," Perlis said. "It's really important in life to just listen."

Adds Rosenbaum, "This allows the physician to use his creative spirit while the patients are using theirs. Music, art, humor make you feel better. It is healing power."

Reserve a spot for annual Easter egg hunt

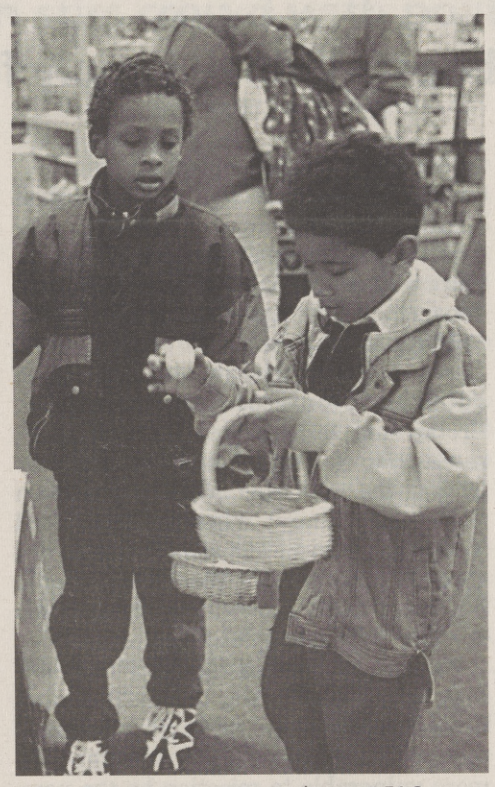
The Hospitals Auxiliary of the UCSF Medical Center and FAO Schwarz are inviting the campus community to take part in the fourth annual Easter Egg Hunt fundraiser at the popular Union Square toy store.

Sponsored by Healthcare Management Counselors, a division of Richard A. Eisner & Company, and URS Corporation, the event is set for Saturday, March 22, from 8:30 to 10 a.m. at the store, 48 Stockton St. at O'Farrell.

UCSF employees are encouraged to bring in their children, grandchildren, nieces, nephews and neighbors or to sponsor a child for an Eastertime romp through toyland. Prizes will be awarded to the children who find the golden eggs.

Reservations for this hunt and shopping spree are a must. Cost is $35 per child, but adults get in free. Baskets and refreshments will be provided.

Ten percent of the sales during the shopping extravaganza will be donated to the Hospitals Auxiliary, which funnels funds to benefit patients and visitors of the medical center. For more information or to reserve a spot, call 476-4906.



A boy finds an egg at a past hunt at FAO Schwarz.

Kerr (from page 8)

Hospital; UCSF Medical Center; and UCSF/Mount Zion Hospital.

Kerr, 53, has served as Director of the UCSF Medical Center for 19 years and has been active in numerous state and national health service organizations. In 1995, Kerr was elected to the Institute of Medicine of the National Academy of Sciences.

"We are delighted to make this appointment. Bill Kerr is nationally recognized for his leadership on health care system and reform issues and has the experience and foresight to direct this new partnership for the benefit of patients and the academic missions of both institutions," said Isaac Stein, chair of the board of directors of the new corporation and a Stanford University trustee.

Regarding his appointment, Kerr said, "I look forward to the opportunity to work with the faculty and staff of these outstanding organizations. I am confident that we will form a strong partnership that advances both health care in the community and our academic missions."

A 17-member board of directors will govern the corporation. Membership of the board includes: the UC President and two other members of the UC Board of Regents, three representatives of the Stanford Board of Trustees, three independent directors chosen by a selection committee, the UCSF chancellor, the Stanford president, medical school deans from each institution, a faculty representative from each school, a chief medical officer, and the new CEO.

UCSF campus leaders were predictably upbeat upon the announcement of Kerr's appointment Thursday afternoon.

"I know of no one in the country more able to carry out this exciting initiative," said Chancellor Joseph Martin. "I have complete confidence in Bill's leadership ability and great admiration for his understanding of the increasingly complex issues surrounding national, state, and local health care."

Dean Haile Debas said, "Bill is a consensus leader whose effective leadership has earned the trust and respect of the faculty, deans and chancellors with whom he has worked. I am very pleased that he has been selected to lead USHC in these first, critical years."

Sudikow (from page 8)

and enhancement and to educate medical staff on outcomes research and quality improvement. Each Sudikow prize can be as much as $15,000, with money distributed to individuals or team members based on their contribution to each project.

David Melnick, chair of the Mount Zion Health Systems board of trustees and a member of the Sudikow award committee, presented the prizes at the annual Mount Zion staff meeting on Feb. 5.

"This is a wonderful way to recognize continued quality improvement activities at the hospital," says Marty Diamond, director of UCSF/Mount Zion. "Our staff have demonstrated that we can improve the process and contain and reduce expenses while we do it."

The first-place project, which brought a $12,000 prize, was awarded to a 10-member multidisciplinary team of providers for their service enhancements for patients diagnosed with congestive heart failure, the largest diagnostic group admitted to the hospital. The team, lead by Pat Sparacino and Sara Ferril, evaluated medical and nursing practice patterns and implemented procedures based on the Agency for Health Care Policy and Research guidelines for high-quality care, cost-effective care. Their efforts resulted in improved documentation of severity of condition and patient education; use of ACE inhibitors and increased and timely referrals for ancillary services such as physical therapy and nutrition counseling.

While the team continues to implement interventions and follow-up actions, the results in 1996 show the average length of stay has dropped from 6.6 to 5.5 days and the average cost per case was reduced by $1,297. This effort saved some $65,000 from April to October 1996, the team reports. During this time, fewer patients returned to the emergency room or were readmitted after discharge.

The second-place team received $8,000 for making improvements to the endoscopy service, which has been steadily growing as providers perform more complex procedures and routinely use new, high-technology equipment. The team's goals were simple: to improve patient care while increasing procedure volume and maintaining or decreasing costs. The team accomplished these goals, in part, by decreasing the amount of time patients spent waiting in admitting, standardizing patient care procedures to ensure consistency and allowing for flexible staff scheduling to meet volume demands. And while the number of endoscopies has increased, the project resulted in a direct savings of $32,400 last year with no increase in staffing, the team reports.

The third-place team received $5,000 for changing the way patients with pneumonia are medicated by following a set of criteria approved by the Pharmacy and Therapeutics Committee for conversion from intravenous to oral antibiotics medication. The pharmacy team worked with medical staff to screen patients for the new protocol and patients were monitored daily by the floor pharmacist.

One of the top ten reasons for admissions to Mount Zion, patients with pneumonia usually are hospitalized an average of 5.6 days. The goals of this project were to decrease the length of stay and decrease the costs of care. In doing so, the medical staff also educated patients regarding medication, disease state and risk reduction. According to the team, the effort resulted in savings of $76,400 in 1996. Follow-up efforts continue to involve physicians with early antibiotic conversion.

1996 Sudikow award winners

First place
Pat Sparacino
Sara Ferril
Tim Hamill
Steve Polevoi
Mick Schrader
Kathy Walton
Deborah Widran
Gary Milechman
David Quan
R.T. Mendle

Second place
Cindy Weiner
Mary Jo McMahon
Kari Whitley
Irina Olshanskaya
Jim Ostroff

Third place
Valby Chow
Johanna Yee
Ivy Lee
David Quan
Larry Mintz

UCSF
Medsounds

Medical Center News for the UCSF Campus Community VOL. 12, NO. 3 FEBRUARY 14, 1997

INSIDE

1 UCSF community offers advice on choosing the next chancellor

1 Shirley Chater returns to UCSF from Clinton Administration post

6 New book gives six tips for permanent weight control

Three teams receive Sudikow awards for quality improvement projects

By LISA CISNEROS

In the first annual ceremony of its kind, Mount Zion gave three teams of health care providers the 1996 Sudikow Awards, cash rewards for quality improvement projects that resulted in cost savings for the medical center.

"This is a thoughtful, creative way to reward staff for looking at how we can balance both quality of care and cost," says Bruce Schroffel, associate director.

Schroffel was part of a committee that considered 11 proposals for the Sudikow Award, named after a patient who was treated at Mount Zion and who donated the lion's share of her estate to the hospital. The income from that donation will be used to fund the Sudikow program to recognize employees for outcomes research

(See **Sudikow** on page 7)

Lisa Cisneros

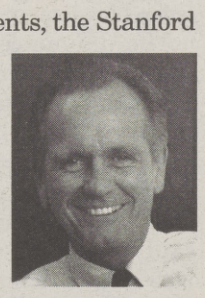
From right, David Melnick announces winners of the 1996 Sudikow Awards, including Sara Ferril, Pat Sparacino and Deborah Widran at the Mount Zion annual staff meeting.

Board names Kerr CEO

William B. Kerr has been named chief executive officer of UCSF/Stanford Health Care by the Board of Directors of the new nonprofit organization.

The appointment is effective March 1, 1997. In this position, Kerr also becomes a member of the board of directors for UCSF/Stanford Health Care, a public benefit corporation that merges the patient services of Stanford and UCSF.

The UC Board of Regents, the Stanford Board of Trustees, and the board of Stanford Health Services all voted to create the new, nonprofit public benefit corporation on Nov. 15, 1996. The merger unites Stanford Health Services, which comprises Stanford University Hospital and related clinics; the Lucile Salter Packard Children's



Kerr

(See **Kerr** on page 7)

Lue named chief of urology at Mt. Zion

Tom Lue, UCSF professor of urology and international expert on male impotence, has been named new chief of urology at UCSF/Mount Zion Medical Center.

Lue, who has been interim chief at UCSF/Mount Zion since September, is known for his work in treating male impotence and has developed several procedures to diagnose and treat the problem. Having studied the mechanism of penile erection, Lue has contributed to an entire spectrum of treatments, including surgical procedures performed at UCSF that are not done anywhere else in the world.

Lue

For the past 10 of his 15 years at UCSF, Lue has been involved in pioneering work in impotence and has been awarded three National Institutes of Health grants. More recently, he has studied the penile disorder known as Peyronie's disease. He currently is studying genetic components of the disease. He also developed a model for studying female stress incontinence, a condition affecting millions of American women.

"It's a great privilege to have Dr. Lue at UCSF/Mount Zion, and I believe the medical center will benefit greatly by his presence here," said Peter Carroll, chair of the Department of Urology at UCSF.

As to future plans for the urology practice, Lue hopes to expand its programs as well as work more closely with other departments in the medical center including surgery and gynecology.

Lue has seen a growing interest in male sexual dysfunction in his years of work in this specialty. He recently organized an international conference on impotence that was attended by 1,000 people from 45 nations.

He is the author or co-author of nearly 250 publications in urology and lectures widely in medical schools across the nation. His many awards include the Most Innovative Researcher Award from the American Foundation of Urologic Diseases.

Before coming to UCSF, he was affiliated with the State University of New York's Downstate Medical Center in Brooklyn. He received his medical degree from Kaohsiung Medical College in Taiwan. Lue resides in Hillsborough with his wife and two sons.

New surgical protocol boosts kidney supply for transplants

By BILL GORDON

The number of organs available for kidney transplants could increase by 10 percent as a result of a new surgical protocol developed by UCSF researchers.

Using these techniques, kidneys removed from the cadavers of children under the age of two years or weighing less than 33 pounds can be transplanted successfully to adult recipients, the researchers report in the Jan. 27 issue of Transplantation.

Prior to the development of the new protocol, kidneys from such small donors proved almost useless for transplant. Despite a tragic shortage of donor organs, kidneys from these donors generally have been discarded.

"The need to make use of all available donor organs increases as the shortage of kidneys available for transplants grows more critical," says Peter N. Bretan Jr., UCSF associate professor of surgery and urology. "In 1990, donor kidneys were provided for 68 percent of those on the national waiting list. Five years later, the proportion of those receiving transplants fell to 44 percent."

Some 34,604 patients remain on the national waiting list for a donor kidney. More than 1,500 people die each year waiting for a kidney transplant.

Although surgeons routinely transplant hearts, livers and other organs from very small donors, only 2 percent of the nation's transplant centers use kidneys from donors under the age of five years.

Concern that the small organs would prove unable to handle the demand of adult recipients proved unfounded, Bretan said. In long-term follow-up tests, researchers found no evidence of injury. In fact, the increased demand placed on the small kidneys when transplanted into adult recipients stimulates rapid growth of the organs. The kidneys reach a normal adult size within about three months of the transplant, Bretan said.

When transplanted into children, kidneys from very young or small donors don't experience this stimulation to grow. As a result they remain smaller and more vulnerable to rejection by the powerful immune systems of young people, Bretan said.

When adult recipients receive a single kidney from an infant donor, about 80 percent of the transplants fail within a year.

In the new study, UCSF surgeons transplanted pairs of infant organs into 40 adult recipients. The researchers reported that the transplanted kidneys continued to function in 88 percent of the patients, who they followed for three years in at least half of the cases.

The UCSF research team led by Bretan overcame the rejection problem by developing a protocol that makes the marginal organs usable. Key steps described in the study include the following:

- Screening potential recipients based on size. Selecting small adults to receive the small kidneys decreases the likelihood of rejection, Bretan said.
- Giving kidney recipients intravenous doses of a powerful anti-rejection drug known as OKT3 during the surgical procedure and continuing for an additional seven to 10 days dramatically reduces the chance of rejection, Bretan said. OKT3 previously has been used only as a post-surgery therapy for high-risk recipients.
- Transplanting pairs of small kidneys. Bretan modified a surgical method that allows placement of both kidneys from a very small donor into the space normally occupied by a single adult kidney. The procedure, known as en bloc transplantation, involves surgical reconstruction of the donor organs' blood vessels.

Friedman shares what a mother knows best

Having overcome the difficulties of breast feeding her own premature twins, Laurie Friedman today shares the techniques she learned with others at UCSF.

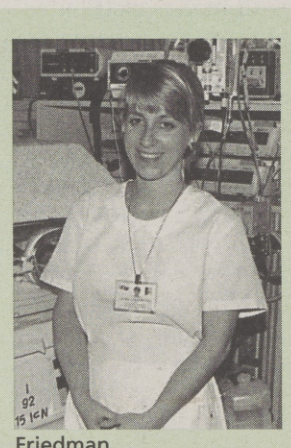
An administrative nurse in the intensive care nursery at Moffitt/Long, Friedman deserves our THANKS for boosting confidence and sharing her knowledge of this important process with new mothers and nurses.

The techniques are simple, she says. It's just a matter of properly positioning an infant that is too weak, tired, or reluctant to breastfeed.

"Laurie is viewed as the 'breast feeding expert' for fragile infants throughout the pediatric areas," says Susan Flanagan, an assistant director of nursing. "Mothers identify with Laurie's patience and her reassuring, instructive style as keys to their success."

The milk produced by the mother of a preemie is naturally more easily digestible than formula, Friedman says, and contains many nutrients essential to boosting the child's immune system. "Nothing can really substitute the breast milk a mother makes for her premature child," she says.

Friedman developed her expertise with the help of Maribeth Inturrisi, a perinatal clinical nurse specialist. Friedman believes the lack of information about breastfeeding among many mothers is, in part, due to early discharges. That leaves the bulk of learning to take place at home, she says.



Friedman

Friedman takes the time to teach so that the babies will be more healthy. "We owe it to our families. Not just for patient satisfaction purposes, but out of responsibility," she says.

THANKS!
"To Honor, Acknowledge, and Note Kindness and Service"